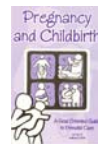


37 to 41 Weeks of Pregnancy



Refer to pages 63-70 in your [Pregnancy & Childbirth Handbook](#) for more information

Your Baby

Interesting Facts: All body systems and organs have grown close to maturity. Your baby will still have active and sleep cycles; but will slowly be moving into position for birth.

Size: about 18 inches

Weight: 5 pounds or more

Your Body

As your baby grows bigger, your heartburn may increase or you may get out of breath quicker. Lying down to sleep may prove to be more difficult. Your vaginal secretions increase. Hemorrhoids may become a problem.

Your Visit

During your appointment, the Healthcare Provider will listen to your baby's heart rate with a doppler, measure your pregnancy with a tape measure, and locate your baby's position by placing his/her hands on your stomach. If your pregnancy goes beyond 40 weeks you will continue with weekly appointments and have a non-stress test and amniotic fluid index done at 41 weeks. The process of induction and scheduling one will be done at 41 weeks.

What is a non-stress test?

Electronic fetal monitoring is used to see the baby's heart rate and determine its well being.

What is an amniotic fluid index?

Measurement of the fluid, by ultrasound, surrounding the baby. Adequate fluid is a measure of proper placental function and baby well-being.

Your Responsibility

Keep your weekly prenatal appointments. Make sure your baby has good movement. Keep exercising and eating healthy. Drink at least 3 to 4 quarts of fluid a day. Practice what you have learned from your prenatal classes. Do not travel too far from where you plan to birth your baby. Think about what type of birth control you would like to use after you have the baby. Ask your provider on available pain control options during labor. Encourage your partner or family member to come with you to your next appointment.



Term Labor Precautions

Go to Labor and Delivery for any of the following:

- 1) Decreased fetal movement
- 2) Heavy Bleeding
- 3) Think your water broke
- 4) Contractions every 5 minutes for at least one hour
- 5) Severe stomach pain that does not go away
- 6) Fever greater than 100.4 not relieved by Tylenol
- 7) Blurry vision, dizziness, headaches not relieved by Tylenol®, severe heartburn